

Adult & Teen Classes

AQUA EVENING: AQUA-TONE AEROBICS

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: aquatonefitness@aol.com.

Lowry, Dawnette City Gym Pool
4311.300 16yrs to Adult 6/22-8/31 5:30pm-6:30pm F \$83

AQUATIC BODYBUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com. No class July 4.

Lowry, Dawnette City Gym Pool
4314.300 16yrs to Adult 6/18-8/27 8:15am-9:25am M \$116
4314.301 16yrs to Adult 6/20-8/29 8:15am-9:25am W \$106
4314.302 16yrs to Adult 6/18-8/29 8:15am-9:25am M W \$210
4314.303 16yrs to Adult 6/22-8/31 6:45am-8:00am F \$116

AQUATIC EXERCISE: AQUA ACTIVE BASIC

This Arthritis Foundation Sponsored class focuses on overall function and performance of daily task, mobility, gait, independence, flexibility, balance and coordination. Basic components includes warm-up, range of motion for flexibility and strength and cool down. A doctor's release is recommended if you have recently had surgery. No Class July 4th, 5th, and 6th.

Thurn, Debra City Gym Pool
4316.300 Adult 6/18-7/25 1:15pm-2:00pm M W \$77
4316.301 Adult 7/30-8/29 1:15pm-2:00pm M W \$71

AQUATIC EXERCISE: AQUA ACTIVE PLUS

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. No Class July 4th, 5th, and 6th.

Thurn, Debra City Gym Pool
4315.300 Adult 6/18-7/27 12:15pm-1:15pm M W F \$104
4315.301 Adult 7/30-8/31 12:15pm-1:15pm M W F \$103
4315.302 Adult 6/19-7/26 12:30pm-1:30pm Tu Th \$76
4315.303 Adult 7/31-8/30 12:30pm-1:30pm Tu Th \$69



AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com. No class Wednesday July 4th.

Lowry, Dawnette City Gym Pool
4312.300 16yrs to Adult 6/18-8/29 7:00am-8:00am M W \$154
4312.301 16yrs to Adult 6/19-8/30 7:00am-8:00am Tu Th \$160
4312.302 16yrs to Adult 6/19-8/30 8:20am-9:20am Tu Th \$160
4312.303 16yrs to Adult 6/18-8/27 7:00am-8:00am M \$83
4312.304 16yrs to Adult 6/20-8/29 7:00am-8:00am W \$76
4312.305 16yrs to Adult 6/22-8/31 8:20am-9:20am F \$83
4312.306 16yrs to Adult 6/23-9/1 7:00am-8:00am Sa \$83

AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class Wednesday July 4th.

Zschach, Alicia City Gym Pool
4310.300 16yrs to Adult 6/18-8/27 5:30pm-6:30pm M \$83
4310.301 16yrs to Adult 6/20-8/29 5:30pm-6:30pm W \$76
4310.302 16yrs to Adult 6/18-8/29 5:30pm-6:30pm M W \$154

AQUATIC EXERCISE: FAT BURNING FRIDAYS

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. No Class Friday 6th.

Thurn, Debra City Gym Pool
4313.300 Adult 6/22-8/31 11:15am-12:00pm F \$89

AQUATIC EXERCISE: H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H2O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: aquatonefitness@aol.com

Lowry, Dawnette City Gym Pool
4525.300 14yrs to Adult 6/22-8/31 9:30am-10:15am F \$94

ART: LIFE DRAWING

The course will introduce the basics of drawing the human figure by way of instruction and demonstration. A live model will be used to introduce human structure and proportions, as well as establish basic concepts of lighting, value and composition. An additional fee may apply for the live model.

DeVera, Joe Art Center Multipurpose
6322.301 14yrs to Adult 6/21-8/9 3:30pm-5:00pm Th \$101*
HBAC Member \$92

ART: LIFE DRAWING 1

Beginning to Intermediate life drawing. Some anatomy, individual and group instruction as needed. Learn the basics of this age old art form.

Lutsia, Steven Art Center Multipurpose
4536.301 14yrs to Adult 6/21-8/9 6:00pm-7:45pm Th \$96*
*HBAC Member \$87

ART: BEGINNING OIL PAINTING

Learn the fundamentals of oil painting. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints. All levels welcome. Material list. Materials fee of \$10 due at first class. No class July 4th.

Oquist, Courtney Art Center Studio
4468.301 13yrs to Adult 6/20-8/15 6:00pm-7:30pm W \$101*
*HBAC Member \$92.50

ART: DIGITAL PHOTOGRAPHY BEGINNING

Concepts and skills will cover the basics of digital camera functions, lighting, concept/ideas and composition. Students will need to bring their own digital camera. Fully manual DSLR suggested.

Chambers, Randall Art Center Multipurpose
4304.301 16yrs to Adult 6/22-7/20 3:30pm-5:30pm F \$100*
4304.302 16yrs to Adult 7/27-8/24 3:30pm-5:30pm F \$100*
*HBAC Member \$90

Adult & Teen Classes

ART: DIGITAL PHOTOGRAPHY ADVANCED

This class will cover digital photography concepts and advanced techniques in photography. Concepts and skills will cover more of an artistic side to photography, extending what is learned from the basics. Students will use their own digital camera. Fully manual DSLR suggested.

Chambers, Randall Art Center Multipurpose
 4305.301 16yrs to Adult 6/22-7/20 1:00pm-3:00pm F \$100*
 4305.302 16yrs to Adult 7/27-8/24 1:00pm-3:00pm F \$100*
 *HBAC Member \$90

ART: DRAWING AND PAINTING

Maximize your time! This class is designed for beginning and intermediate students who would like to learn necessary skills of drawing and painting. Learn at your own pace and boost your confidence by learning in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. Materials list.

Kent, Pati Art Center Studio
 4302.301 12yrs to Adult 7/3-7/31 6:00pm-7:30pm Tu \$88*
 *HBAC Member \$79

ART: DRAWING AND PAINTING ON LOCATION

This unique class which welcomes all levels is offered in Summer only. First class meets in Art Center studio for a lesson in drawing and painting. A map will be given out for the locations of next three lessons. Enjoy the outdoors and the challenge of plein air painting. Materials list.

Kent, Pati Art Center Studio
 4558.301 12yrs to Adult 8/7-8/28 6:00pm-8:00pm Tu \$71*
 *HBAC Member \$64

ART: LANDSCAPE PAINTING IN OIL (PLEIN AIR STYLE)

This class aims to teach traditional skills in painting landscapes in Plein Air. Each session will focus on an important element of plein-air painting, such as movement, vibrant colors, light and shadow etc. All levels welcome as Ebrahim will instruct each student to achieve their potential. Materials List. No class July 4th.

Amin, Ebrahim Art Center Multipurpose
 4552.301 14yrs to Adult 6/20-8/15 2:00pm-5:00pm W \$156*
 *HBAC Member \$141

ART: MYVU

Discover your own style and form of expression with a local artist and be exposed to various masters and mediums. Participants will create artworks inspired by a photograph or picture taken by themselves, family member or friend. The objective is to show one's own interpretation of what is seen. \$20 material fee due at first class. No class July 5.

Serafin, Joshua Rodgers Senior Center Hall E
 4550.300 Adult 6/21-8/30 6:00pm-7:30pm Th \$100
 4823.300 Adult 6/21-8/16 1:00pm-2:30pm Th \$85

ART: PAINTING AND DRAWING STUDIO SESSION

Develop basic painting skills and techniques through demonstration, lecture and personal help. Emphasis will be on watercolor techniques, but oil and acrylics are welcome. This is a 3-hour studio session with beginning instruction. There is a \$20 lab fee due to instructor if you do not already have materials.

Oropeza, Marilyn Rodgers Senior Center Hall D
 4814.301 Adult 6/26-7/31 8:30am-11:30am Tu \$40

ART: PORTRAIT DRAWING AND PAINTING IN OIL

This class focuses on understanding and recognizing the anatomy of each part of the face and their relationship with each other. Ebrahim will teach you how to mix skin colors based on light and tone. General concepts of drawing and painting will also be covered. All levels welcome. Materials List.

Amin, Ebrahim Art Center Multipurpose
 4556.301 14yrs to Adult 6/20-8/15 5:10pm-7:45pm W \$136*
 *HBAC Member \$123

ART: PORTRAITURE

The class will introduce the basics of drawing and painting human portraiture by way of instruction and demonstration. A live model will be used at times to introduce human facial structure and proportions, as well as establish basic concepts of lighting, value and composition.

DeVera, Joe Art Center Multipurpose
 4505.301 14yrs to Adult 6/21-8/9 1:30pm-3:00pm Th \$101*
 *HBAC Member \$92

ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. \$10 material fee due at first class. No class July 4 & 5.

Husting, Margaret Rodgers Senior Center Hall E
 4396.301 13yrs to Adult 6/13-8/22 9:00am-10:00am W \$77

Husting, Margaret Murdy Community Center Hall C&D
 4395.300 13yrs to Adult 6/14-8/23 1:00pm-2:00pm Th \$77

ART: STILL LIFE IN OIL

This class focuses on set up, composition and subject of still life painting. Arranging the light direction, catching the atmosphere and showing the whole harmony as one. All levels welcome. Individual instruction will ensure student achieves their potential. Materials List.

Amin, Ebrahim Art Center Studio
 4554.301 14yrs to Adult 6/22-8/10 1:30pm-4:30pm F \$136*
 *HBAC Member \$123

ART: VIDEO TECHNIQUES AND CONCEPTS

This class will show students how to create professional looking videos with their own equipment. Students learn how to light, compose and how to set up audio recording, as well as some editing techniques. Students will also learn creative video making techniques. Students are encouraged to bring their own video cameras to class.

Chambers, Randall Art Center Multipurpose
 4531.301 Adult 6/23-7/21 2:30pm-4:30pm Sa \$100*
 4531.302 Adult 7/28-8/25 2:30pm-4:30pm Sa \$100*
 *HBAC Member \$90

BEACH VOLLEYBALL: ADULT BEGINNERS 1

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. No class July 31.

Beach Volleyball, California Beach Courts, North of Pier
 4438.301 Adult 6/19-8/28 5:30pm-6:30pm Tu \$130

Adult & Teen Classes

BEACH VOLLEYBALL: ADULT BEGINNERS 2

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. No class August 2.

Beach Volleyball, California Beach Courts, North of Pier
4538.300 Adult 6/21-8/30 5:30pm-6:30pm Th \$130

BEACH VOLLEYBALL: GIRLS ACADEMY

This girl's academy program involves high quality training focused on mastering fundamental skills and strategies of the 2-a-side game. Sessions will be structured around progression from skill development to applying those skills in a game situation. Class taught at beach courts north of the pier. No class July 30.

Beach Volleyball, California Beach Courts, North of Pier
4444.301 15yrs to 18yrs 6/18-8/27 4:40pm-6:00pm M \$150

BEACH VOLLEYBALL: INTERMEDIATE GAME PLAY

This class has a strong game play focus. Each session begins with a demonstration of a single game strategy before moving into graded 2 a side competition. Individuals will compete in a ladder format competition culminating in a finals night at the end of the 10 weeks. No class July 31.

Beach Volleyball, California Beach Courts, North of Pier
4484.301 Adult 6/19-8/28 6:30pm-7:30pm Tu \$130

BEACH VOLLEYBALL: INTERMEDIATE SKILLS

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. No class July 30.

Beach Volleyball, California Beach Courts, North of Pier
4523.300 Adult 6/18-8/27 6:10pm-7:30pm M \$150

BEACH VOLLEYBALL: SAND CONDITIONING

This course is beneficial to anyone who wants an intense, uniquely different workout and is based around movements specific to beach volleyball. Many of the stations replicate movement patterns that benefit all athletes. Workout consists of stations of activity and rest. Class is taught at beach courts North of the pier. No class August 2.

Beach Volleyball, California Beach Courts, North of Pier
4442.301 15yrs to Adult 6/21-8/30 6:40pm-7:25pm Th \$80

BOOK CLUB DINNER

Have dinner and stimulating conversation with others who love good books. Please read "Still Alice" by Lisa Genora before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. Material fee of \$5 is due at each meeting. Class meets 6/13, 7/11, 8/8, and 9/12.

Berg, April Rodgers Senior Center Hall D
4317.301 Adult 6/13-9/12 7:00pm-9:00pm W \$30

BRIDGE: BEGINNING

Have been thinking of learning bridge? Now is the time! Lecture regarding lesson plan, discussion and play. Come join in the fun!! No partner needed. No class week of July 2nd, class will be extended one week.

Spira, Rita Rodgers Senior Center Hall E
4318.301 Adult 6/18-8/13 2:00pm-4:00pm M \$54

BRIDGE: INTERMEDIATE 1

If you know the basics and are looking to learn more conventions, play of the hand, defense, scoring and much more, this class is for you! No class week of July 4th. Class will be extended one week.

Spira, Rita Rodgers Senior Center Hall E
4319.301 Adult 6/19-8/14 2:30pm-4:30pm Tu \$54
4319.302 Adult 6/19-8/14 6:30pm-8:30pm Tu \$54

BRIDGE: INTERMEDIATE 2

This class is for those that know more than the basics. Class includes 4 preset hands. Discussion and play. No partner needed. No class week of July 4th, class will be extended.

Spira, Rita Rodgers Senior Center Hall E
4320.301 Adult 6/20-8/15 6:30pm-8:30pm W \$54

CAKE DECORATING: BASICS BEGINNING

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Materials are extra. Provide your own materials from a supply list that will be given the first day of class.

Mejia, Rebecca Murdy Community Center Hall C
4321.300 13yrs to Adult 6/19-7/10 6:00pm-8:00pm Tu \$50
4321.301 13yrs to Adult 7/17-8/7 6:00pm-8:00pm Tu \$50

CAKE DECORATING: FLOWERS AND CAKE DESIGNS

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating - in just four weekly fun filled two-hour classes. Materials are extra. Why not bring a friend? Provide your own materials from a supply list that will be given the first day of class.

Mejia, Rebecca Murdy Community Center Kitchen
4481.300 13yrs to Adult 8/15-9/5 6:00pm-8:00pm W \$50

CAKE DECORATING: GUM PASTE AND FONDANT

Learn to you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating-in just four weekly fun filled two-hour classes. Materials are extra. Why not bring a friend? Provide your own materials from a supply list that will be given the first day of class.

Mejia, Rebecca Murdy Community Center Kitchen
4482.300 13yrs to Adult 7/19-8/9 6:00pm-8:00pm Th \$50

COMPUTERS: FACEBOOK

This hands-on class will help you connect with friends and family using the most popular social networking tool. Learn how to set up your Facebook account safely, how to friend, chat, share photos, keep up with your favorite people and places, and keep your privacy controlled.

Catlett, Michelle Rodgers Senior Center Computer Lab
4517.301 Adult 7/14-7/28 9:00am-12:00pm Sa \$30
4517.302 Adult 8/11-8/25 9:00am-12:00pm Sa \$30

COMPUTERS: INTRO TO INTERNET

Introduction to World Wide Web and Internet-registering email accounts, sending/receiving emails, searching web/communicating with friends/family using different social media.

Shrestha, Rosy Rodgers Senior Center Computer Lab
4566.300 Adult 6/27-7/25 6:15pm-7:15pm W \$71

Adult & Teen Classes

COMPUTERS: INTRO TO MS POWERPOINT

Create professional presentations for personal applications. Learn numerous skills including how to add graphics, charts, sounds, animated clips and many other design elements.

Shrestha, Rosy Rodgers Senior Center Computer Lab
4565.300 Adult 6/27-7/25 7:30pm-8:30pm W \$71

COMPUTERS: INTRO TO TYPING

This class is designed to teach, develop and practice step by step typing skills for beginners.

Shrestha, Rosy Rodgers Senior Center Computer Lab
4564.300 Adult 6/27-7/25 5:00pm-6:00pm W \$71

COMPUTERS: Please see page 36 for more computer classes.

CONTEMPORARY DESIGN JEWELRY

Learn how to put your creative ideas in designing and bringing life to your personal jewelry. Learn to rejuvenate your grandmother's antiques and/or to professionally display the shape, size, and color of your gemstones. Knotting and wire-wrapping techniques required. \$20 material fee due at first class.

Tran, Vinh Murdy Community Center Hall D
4478.300 Adult 7/31-8/14 6:00pm-8:30pm Tu \$95

CONTEMPORARY JEWELRY MAKING 1

Basic introduction and guide to making jewelry with genuine semi precious gems such as pearl, jade, aquamarine, tourmaline, peridot, turquoise and coral. You will learn to bead and knot professionally between the beads to make different styles of single/multiple strands. \$12 material fee due at first class, plus tools may be purchased from instructor.

Tran, Vinh Murdy Community Center Hall D
4323.300 Adult 6/19-7/3 6:00pm-8:30pm Tu \$75

CONTEMPORARY JEWELRY MAKING 2

Learn to make pendants, earrings, rings, charm bracelets, and necklaces, using wire-wrapping techniques, silk cords and leather. Tools are required (cost approximately \$30 – or less if some already owned in Class 1). Jewelry Making 1 and 2 are separate classes, and you may take one or both. Instruction on how to buy gemstones will be provided.

Tran, Vinh Murdy Community Center Hall D
4324.300 Adult 7/10-7/24 6:00pm-8:30pm Tu \$75

DANCE: ADULT BALLET BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? This class is for you! Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring and exercise mat or towel. First class free.

Huntington Academy of Dance 16601 Gothard St., Suite A
4326.300 13yrs to Adult 7/11-8/15 7:30pm-8:30pm W \$60

Huntington Academy of Dance City Gym Room A
4487.300 15yrs to Adult 7/9-8/13 6:30pm-7:30pm M \$60

Parks & Recreation...
Reduce Stress
...The Benefits Are Endless

DANCE: BALLROOM

You'll have fun learning one of the classic ballroom dances (different each session):Waltz, Foxtrot, Cha-Cha, Nightclub 2 Step. Partnering skills and musicality will give you confidence for any kind of dance. No partner required.

Fox, Kaylaa Edison Community Center Hall A
4328.300 Adult 6/18-7/16 7:00pm-7:45pm M \$49
4328.301 Adult 7/23-8/20 7:00pm-7:45pm M \$49

Fox, Kaylaa Murdy Community Center Hall A
4537.300 Adult 6/21-7/12 7:45pm-8:30pm Th \$49
4537.301 Adult 7/19-8/9 7:45pm-8:30pm Th \$49

DANCE: BEGINNING BALLET FOR SENIORS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

Huntington Academy of Dance Rodgers Senior Center Hall D
4494.300 Adult 7/9-8/13 12:30pm-1:30pm M \$48

DANCE: BELLY DANCE

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence.

Eckart, Maruja Murdy Community Center Hall C&D
4329.300 12yrs to Adult 6/18-7/23 7:00pm-8:00pm M \$60
4329.301 12yrs to Adult 6/22-7/27 10:30am-11:30am F \$60

DANCE: EAST COAST SWING

The jazzy East Coast Swing is one of the most versatile and fun dances since it can be danced to almost any kind of music-if you learn only one dance, this should be it! 5 weeks. No partner needed.

Fox, Kaylaa Edison Community Center Hall A
4434.300 Adult 6/18-7/16 7:45pm-8:30pm M \$49
4434.301 Adult 7/30-8/27 7:45pm-8:30pm M \$49

DANCE: CONTEMPORARY

Love the moves on So You Think You Can Dance? Contemporary dance style incorporates movements of ballet, jazz, and modern with great music and personal expression. Learn the basic of contemporary, stretches, leaps and turns in the FUN class! Dance attire required.

Huntington Academy of Dance 16601 Gothard St., Suite A
5340.300 12yrs to 99yrs 7/10-08/14 6:30pm-7:30pm Tu \$60.00

DANCE: LATIN LINE "SIZZLE"

Brand new one-of-a-kind Latin Line dance. Like its cousin Country Line, you don't need a partner to do Latin Line Dance. Simple, fun routines that anyone can learn based on cha-cha, salsa, cumbia and samba--set to sizzling Latin rhythms. No experience necessary. No partner necessary. Walk-ins welcome, \$10.

Foreman, Jill Rodgers Senior Center Hall B
4524.300 Adult 6/19-8/28 4:00pm-5:00pm Tu \$58

Foreman, Jill City Gym Room A
4526.300 16yrs to Adult 6/23-8/25 10:45am-11:45am Sa \$58

Adult & Teen Classes

DANCE: LINE BEGINNING

Have fun & show off your dance moves and turns as you learn easy, popular line dances. Great exercise having a good time and burn up the calories. Taught slowly step by step so everyone will be dancing right away. No partner needed. \$2 material fee due at first class.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4462.300	Adult	6/21-7/12	7:00pm-7:45pm	Th	\$49
4462.301	Adult	7/19-8/9	7:00pm-7:45pm	Th	\$49

DANCE: LINE INTERMEDIATE

Great Intermediate popular Line dance. Dance at clubs, singles dances, weddings....so in right now. No partner needed. \$2 materials fee due at first class.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4512.300	Adult	6/21-7/12	6:15pm-7:00pm	Th	\$49
4512.301	Adult	7/19-8/9	6:15pm-7:00pm	Th	\$49

DANCE: LINE DANCE INTRO/BEGINNER 1

Been wanting to learn to dance but don't know how to get started? Have fun while learning the basic steps and applying them in easy line dances, as well as how to read dance step sheets. Invite a friend so you can both experience the mental and physical benefits of dance and the joy of moving to music.

Hazard, Suzy		Rodgers Senior Center Hall A			
4459.301	Adult	6/22-8/3	3:00pm-4:30pm	F	\$35

DANCE: LINE DANCE FITNESS BEGINNING 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience. No class July 4.

Hazard, Suzy		Rodgers Senior Center Hall A			
4460.301	Adult	6/20-8/8	2:00pm-3:30pm	W	\$35

DANCE: LINE DANCE INTERMEDIATE 3 & 4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years. No class July 4.

Hazard, Suzy		Rodgers Senior Center Hall A			
4461.301	Adult	6/20-8/8	12:30pm-2:00pm	W	\$35

DANCE: POLYNESIAN BEGINNING

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required.

Seanoa, Melody		Art Center Multipurpose			
4333.301	13yrs to Adult	6/19-7/17	6:00pm-7:00pm	Tu	\$55
			HBAC Member		\$50
4333.302	13yrs to Adult	7/24-8/28	6:00pm-7:00pm	Tu	\$60
			HBAC Member		\$54

DANCE: POLYNESIAN INTERMEDIATE

Aloha! By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Seanoa, Melody		Art Center Multipurpose			
4334.301	13yrs to Adult	6/19-7/17	7:00pm-8:00pm	Tu	\$49
HBAC Member \$44					

DANCE: PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

Foreman, Jill		See Receipt Notes			
4561.300	Adult	To Be Arranged			

DANCE: SALSA

Basics steps are taught to beginners step by step. You can dance immediately with confidence. Easy and fun salsa patterns and techniques. Partner not needed. \$2 material fee due at first class.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4335.300	Adult	6/21-7/12	8:30pm-9:15pm	Th	\$49
4335.301	Adult	7/19-8/9	8:30pm-9:15pm	Th	\$49

DANCE: STREET DANCIN' PLUS

Developmentally disabled teens/young adults- Enjoy this 2- workshop class! Games, Self-esteem, friendship, music, dance, singing, acting, and sign language! No-pressure class; all about fun with a creative teacher. Families, join us for the last 20 minutes of the second class, only, for surprise!

Harrington-Dewe, Cyndi		City Gym Room A			
4529.300	12yrs to Adult	8/22-8/29	4:45pm-7:15pm	W	\$45

DANCE: SWING BASICS

Fun and easy Swing Dance is hosted by Mike and Olivia. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary.

Fox, Kaylaa		Murdy Community Center Hall A			
4339.300	Adult	6/21-7/19	8:15pm-9:15pm	Th	\$49
4339.301	Adult	7/26-8/23	8:15pm-9:15pm	Th	\$49

DANCE: SWING INTERMEDIATE

Move on to Swing intermediate with Mike and Olivia. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed.

Fox, Kaylaa		Murdy Community Center Hall A			
4340.300	Adult	6/21-7/19	6:15pm-7:15pm	Th	\$49
4340.301	Adult	6/21-7/19	6:15pm-7:15pm	Th	\$49

DANCE: SWING ADVANCED

Move way beyond the basics with Mike and Olivia. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary.

Fox, Kaylaa		Murdy Community Center Hall A			
4341.300	Adult	6/21-7/19	7:15pm-8:15pm	Th	\$49
4341.301	Adult	7/26-8/23	7:15pm-8:15pm	Th	\$49

DANCE: TAP ADULTS AND SENIORS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory.

Roseth, Renee		Rodgers Senior Center Hall D			
4342.301	Adult	6/18-9/3	5:00pm-6:00pm	M	\$155
4342.302	Adult	6/21-9/6	5:00pm-6:00pm	Th	\$155

Adult & Teen Classes

DANCE: TAP ADULTS AND SENIORS INTERMEDIATE

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught.

Roseth, Renee		Rodgers Senior Center Hall D			
4343.301	Adult	6/18-9/3	6:00pm-7:00pm	M	\$155
4343.302	Adult	6/20-9/5	2:00pm-3:00pm	W	\$155
4343.303	Adult	6/21-9/6	6:00pm-7:00pm	Th	\$155

DANCE: TAP ADULTS AND SENIORS ADVANCED

Experience required. Advanced routine will be taught in a fun-filled environment. Dance! Love! Laugh!

Roseth, Renee		Rodgers Senior Center Hall D			
4476.301	Adult	6/19-9/4	6:00pm-7:00pm	Tu	\$155
4476.302	Adult	6/20-9/5	3:00pm-4:00pm	W	\$155

DOG TRAINING: AKC CANINE GOOD CITIZEN CERTIFICATE

If your dog knows and obeys basic obedience commands, and is relaxed and friendly around other dogs and people, then he is a good candidate for this American Kennel Club sponsored program. Please call 714- 532-3647 if you'd like a list of the 10 skills tested. Bring dogs with current vaccination record to first meeting.

Dog Services, Unlimited

Edison Community Center Picnic Shelter#1

4344.300	9yrs to Adult	7/24-7/31	8:30pm-9:15pm	Tu	\$25
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DOG TRAINING: BEGINNING DOG OBEDIENCE

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc). Trophies and certificates awarded at graduation. First meeting WITHOUT DOGS. Bring shot records and \$10 material fee (includes training manual).

Dog Services, UnlimitedMurdy Community Center Entire Building

4345.300	9yrs to Adult	6/21-8/9	7:00pm-8:00pm	Th	\$84
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Dog Services, Unlimited

Edison Community Center Picnic Shelter#1

4346.300	9yrs to Adult	6/19-8/7	7:30pm-8:30pm	Tu	\$84
4346.301	9yrs to Adult	7/11-8/29	6:00pm-7:00pm	W	\$84

DOG TRAINING: CALLING ALL FRISBEE DOGS

Learn the basics of Canine Frisbee from a top competitor, David Procida. Some previous on-leash obedience work is highly recommended. Please bring dog with current vaccination records, water, a lawn chair. \$5 material fee due at first class (includes a Frisbee. Pre-registration is required. Class is located on grass area near dog park, Edwards and Inlet.

Dog Services, Unlimited

Dog Park

4347.300	15yrs to Adult	7/15	9:00am-11:30am	Su	\$39
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DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control within a limited period of time. For dogs 5 months or older; vaccinations must be current. Pre-registered students will be contacted regarding what to bring to the first class meeting. Bring dogs to all meetings.

Dog Services, UnlimitedMurdy Community Center Entire Building

4352.300	9yrs to Adult	7/23-8/13	6:00pm-7:15pm	M	\$78
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DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. \$10 material fee due at first class. Class will be held in Central Park next to Dog Park at Edwards.

Haney, Katherine

Dog Park

4421.300	15yrs to Adult	6/30-8/25	9:00am-10:00am	Sa	\$85
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EBAY: BASICS OF SELLING

You'll learn the selling basics: how to open an E-Bay sales account, how to decide what to sell first, little known tips on setting up your first auction and stealth secrets for creating an eyeball-grabbing listing. Handouts will be given during class and CPU points are available. Instruction will be presented using Power Point.

Krueger, David M

Murdy Community Center Game Room

4353.300	13yrs to Adult	7/10-7/24	7:00pm-9:00pm	Tu	\$79
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FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself.

Fitness, Specialties

Edison Community Center Hall A

4358.300	Adult	6/19-8/21	5:45pm-6:45pm	Tu	\$74
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FITNESS: CARDIO BOOT CAMP

"The most affordable fitness boot camp in Orange County". Change your attitude, your fitness ability, your life...in 5 weeks! Burn calories, increase lean muscle mass, improve overall fitness, lose body fat and meet new people. Cardio Boot Camp is a high energy, outdoor, circuit training class designed for all level exercisers.

Body, Business

Edison Community Center Picnic Shelter#1

4419.300	18yrs to 75yrs	6/18-7/20	5:30am-6:30am	M W F	\$149
4419.301	18yrs to 75yrs	7/30-8/31	5:30am-6:30am	M W F	\$149

FITNESS: CARDIO FIT

A fast paced, more intense total body workout. Burn more calories and shape your muscles. Whether you need to get that body back or maintain it, this is the place to be! Please bring water, towel, and exercise mat. No class August 16.

Pridomirski, Joanne

Edison Community Center Hall A

4549.300	13yrs to Adult	6/21-8/30	10:00am-11:00am	Th	\$39
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FITNESS: CARDIO SCULPT

Join the fun! Combining step combinations with low impact and strength training to burn calories and improve heart and muscle health. Hand weights and steps provided for an effective, energizing workout. Please bring water, towel, and exercise mat.

Pridomirski, Joanne

Edison Community Center Hall A

4369.300	13yrs to Adult	6/19-8/30	8:45am-9:45am	Tu Th	\$85
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FITNESS: CARDIOFIT FOR SENIORS

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. No classes July 24, July 27, July 31 and August 3.

Grossman, Marianne

Rodgers Senior Center Hall A

4816.301	50yrs +	6/19-8/31	9:00am-9:45am	Tu F	\$42
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Adult & Teen Classes

FITNESS: CIRCUIT TRAINING WITH EQUIPMENT

High Intensity Interval Training is the latest discovery towards rapid fat loss and endurance gain. Come and challenge your fitness using a variety of equipment in a fun and challenging training method. You will train like you never have before! Bring workout shoes, workout attire, water and a mat.

Training Spot, The Rodgers Senior Center Game Room
4542.300 Adult 6/23-7/28 8:00am-9:00am Sa \$90

FITNESS: FAMILY MARTIAL ARTS

Enjoy working out and getting healthier together with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family unit. \$86 up to 3 family members, \$4 per extra person for one day a week. For Tuesday AND Thursday class, \$130 fee up to 3 family members, \$5 extra person.

Cardinal, Frances Rodgers Senior Center Hall B
4386.301 3yrs to Adult 6/19-8/28 5:00pm-6:00pm Tu \$86
4386.302 3yrs to Adult 6/21-8/30 5:00pm-6:00pm Th \$86
4386.303 3yrs to Adult 6/19-8/30 5:00pm-6:00pm Tu Th \$130

FITNESS: CARIO BLAST, CORE AND YOGA

Students will work on core strength and stability exercises, strength training and learn yoga poses and breathing to help build strength, lose weight, and reduce stress. The overall result will be a more fit, flexible body. The class is 90 minutes. All levels of fitness welcome. Bring a stability ball and yoga mat.

The Training Spot Edison Community Center Hall B
4472.300 Adult 6/19-7/24 6:00pm-7:30pm Tu \$60

FITNESS: HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. *Take Head to Toe and Step together and save. No class July 4th.

Hardy, Susan Murdy Community Center Hall A
4363.300 13yrs to Adult 6/18-8/24 8:30am-9:15am M W F \$103
*4424.300 13yrs to Adult 6/18-8/24 8:30am-10:00am M W F \$126

FITNESS: HEAD TO TOE WORKOUT /STEPPING COMBO

Combine Head to Toe Workout and Step for the Heart and save \$. Please see description for each class. No class May 28th.

Hardy, Susan Murdy Community Center Hall A
4424.300 13yrs to Adult 6/18-8/24 8:30am-10:00am M W F \$126



FITNESS: HOOP WORKOUT

We will stretch, build strength, and cardio dance and learn fun tricks all while working with an adult-sized HULA HOOP. On certain evenings we will journey to the beach and enjoy the sunset, hooping on the sand. Beginners are encouraged! *Please bring an adult-sized hoop to class if possible.

McCarty, Sonja Rodgers Senior Center Hall B
4497.300 Adult 6/18-8/6 6:30pm-7:30pm M \$90

FITNESS: JAZZERCISE

This jazz dance exercise class is a total body-conditioning program based on simple dance movements and a follow-the-leader class structure. Class is co-ed. Please bring a towel or mat to class. Class times are M,W,F 9:00-10:05am; TTH 6:00-7:05pm; Sat 7:45-8:45am; walk-ins welcome, \$15. Registration is accepted in person at any time. No class Wednesday July 4th.

Wilker, Mary City Gym Gymnasium
4364.300 Adult 6/18-8/31 Monthly Pass \$40
4364.301 Adult 6/19-8/30 10 Classes \$55
4364.302 Adult 6/23-9/1 4 Classes \$25



FITNESS: KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Fitness, Specialties Murdy Community Center Hall A
4360.300 13yrs to Adult 6/19-8/21 7:00pm-8:00pm Tu \$74

FITNESS: PILATES CARDIO BARRE

This high-energy class incorporates Pilates, yoga and dance with cardio interval training to tone and strengthen the entire body. Combining Pilates on the Barre, thera-bands and exercise balls, this class will have you feeling fit and fabulous in no time while burning mega calories. Fitness level: Intermediate. Bring water, towel and mat.

HB Pilates Murdy Community Center Hall B
4511.300 Adult 6/19-8/21 7:15pm-8:15pm Tu \$120

HB Pilates Edison Community Center Hall B
4513.300 Adult 6/18-8/20 7:35pm-8:35pm M \$120

HB Pilates City Gym Room A
4514.300 Adult 6/21-8/23 7:15pm-8:15pm Th \$120
4514.301 Adult 6/22-8/24 7:45am-8:45am F \$120

FITNESS: PILATES MAT CLASS

This class is designed for all ages and ability levels. The exercises are low impact with high results. Work on core strength, toning arms and thighs, and conditioning the entire body. Pilates is designed to improve posture, strength, flexibility, balance and total mind-body awareness. Bring water and an exercise mat.

HB Pilates Edison Community Center Hall B
4365.300 Adult 6/18-8/20 6:35pm-7:35pm M \$110
4365.302 Adult 6/19-8/21 9:00am-10:00am Tu \$110

HB Pilates City Gym Room A
4366.300 Adult 6/20-8/29 9:00am-10:00am W \$110
4366.301 Adult 6/21-8/23 6:00pm-7:00pm Th \$110

HB Pilates Murdy Community Center Hall B
4465.300 Adult 6/19-8/21 6:00pm-7:00pm Tu \$110
4465.301 Adult 6/23-8/25 9:00am-10:00am Sa \$110

HB Pilates Rodgers Senior Center Game Room
4539.300 Adult 6/23-8/25 10:00am-11:00am Sa \$110

Adult & Teen Classes

FITNESS: PILOXING®

From Hollywood to Huntington Beach. PILOXING combines Pilates and boxing into one fat torching, muscle sculpting workout that is fun, challenging and guaranteed to whip you into shape. PILOXING integrates the power, speed, and agility of boxing with the strength and flexibility of Pilates. Attain a sleek, lean, powerful self-image. No class July 4.

HB Pilates City Gym Room A
4544.300 Adult 6/19-8/21 7:00pm-8:00pm Tu \$120

HB Pilates Murdy Community Center Hall B
4545.300 Adult 6/20-8/29 6:30pm-7:30pm W \$120

FITNESS: AB-CORE BLAST

This class will strengthen the abdominals and the core/powerhouse muscles of the body. Maintenance of these muscles is essential for everyday life and regular conditioning can create a flatter looking abomen region, better posture, enhanced movement and mobility of the limbs, all while reducing the risks for certain back injuries. Bring exercise mat. No class July 4th.

HB Pilates Murdy Community Center Hall B
4568.300 Adult 6/20-8/29 7:30pm-8:00pm W \$50

FITNESS: S.T.A.R.S STRETCH

A new way to a more flexible, youthful, stronger and stress free body. This class utilizes innovative techniques not known or used in any other regular stretch class. Learn easy self-help sequences used by message therapists and personal trainers. Exercise clothes, mat and beach towel needed. \$2 material fee due at first class meeting.

Aarons, Davonne Murdy Community Center Hall A
4527.300 Adult 6/21-7/12 5:00pm-6:00pm Th \$45
4527.301 Adult 7/19-8/9 5:00pm-6:00pm Th \$45

FITNESS: SLIM & TRIM BY GEORGIA

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

Spidle, Georgia Edison Community Center Hall A
4367.300 13yrs to Adult 6/18-8/31 9:00am-10:00am M W F \$75

Spidle, Georgia Murdy Community Center Hall A
4368.300 13yrs to Adult 6/19-8/30 9:00am-10:00am Tu Th \$70

FITNESS: STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Take STEP and HEAD TO TOE WORKOUT together and save.

Hardy, Susan Murdy Community Center Hall A
4370.300 13yrs to Adult 6/18-8/24 9:15am-10:00am M W F \$103
*4424.300 13yrs to Adult 6/18-8/24 8:30am-10:00am M W F \$103

FITNESS: STEP TRAINING AND MORE

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. No class July 4, 13.

Hardy, Susan Edison Community Center Hall B
4371.300 13yrs to Adult 6/18-8/24 5:15pm-6:15pm M W F \$109
4371.301 13yrs to Adult 6/23-8/11 8:30am-9:30am Sa \$39

FITNESS: STRENGTH TRAINING – KETTLE BELLS & BANDS

Kettle bells originated in Russia and were used to train the Russian Army. The training has moved west and now you have the chance to come and learn this awesome training technique and more from the experts in functional strength training! Bring workout shoes, workout attire, water, and a mat.

Training Spot, The Rodgers Senior Center Hall A
4543.300 Adult 6/26-8/7 6:00pm-7:00pm Tu \$90

FITNESS: TOPICS IN NUTRITION AND FITNESS

Nutrition Before and After Exercise

What should you eat before and after exercise to promote fat loss and muscle gain? Supplements--help or hype? High protein, low carb, low fat, sodium free...what does the science say? Class notes and references provided. \$2 material fee due at workshop. Taught by Jill Foreman, MS Nutrition and Biochemistry.

Foreman, Jill Rodgers Senior Center Hall B
4562.300 All ages 6/26 10:00am-11:30am Tu \$25

SPICE IT UP

Nature's medicines in your pantry. The biochemistry of spices A-Z and how they promote health. How to get these powerful and tasty ingredients into everything you eat and drink. Class notes provided. \$2 material fee due at workshop. Taught by Jill Foreman, MS Nutrition and Biochemistry.

Foreman, Jill Rodgers Senior Center Hall B
4563.300 Adult 8/14 10:00am-11:30am Tu \$25

FITNESS: TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow Total Body Stretch class will help make stretching a part of your wellness routine. Bring an exercise mat and prepare to stretch, relax, and renew. No class July 30th.

Grossman, Marianne Rodgers Senior Center Hall A & B
4372.301 Adult 6/25-8/27 5:30pm-6:30pm M \$58

FITNESS: WOMEN'S KARATE AND KICKBOXING

Women helping women in a positive, casual environment. Taught by a woman black belt instructor. Students learn at their own pace, having the option to test for belt advancement. Gain strength and self confidence while having fun!

Fitness, Specialties Murdy Community Center Hall A
4382.300 13yrs to Adult 6/20-8/8 6:00pm-7:00pm W \$69

FITNESS: ZUMBA

It's different! Fun! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-burning, body-energizing fun. Ditch the workout-- Join the Party!

Foreman, Jill City Gym Gymnasium
4433.300 16yrs to Adult 6/19-8/28 7:15pm-8:00pm Tu \$68

Foreman, Jill Edison Community Center Hall A
4446.300 16yrs to Adult 6/20-8/29 6:30pm-7:30pm W \$72

Parks & Recreation...

Build strong bodies

...The Benefits Are Endless

Adult & Teen Classes

FITNESS: ZUMBA

Zumba is a fusion of Latin and international music that utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements and easy to follow dance steps. For more information, visit www.ocbodybusiness.com.

Body, Business		Murdy Community Center Hall A			
4464.300	Adult	6/20-7/25	7:30pm-8:30pm	W	\$49
4464.301	Adult	8/1-8/29	7:30pm-8:30pm	W	\$49
4464.302	Adult	6/23-7/21	8:00am-9:00am	Sa	\$49
4464.303	Adult	8/4-9/1	8:00am-9:00am	Sa	\$49

FITNESS: ZUMBA GOLD

Designed for active seniors, these easy dance steps will improve balance, strength, coordination and aerobic fitness. Set to a fabulous fusion of Latin and international music, these joyful sessions benefit both body and mind. Ditch the workout – join the party. One day drop-in fee for any class – \$15.

Foreman, Jill		Rodgers Senior Center Hall A & B			
4373.300	16yrs to Adult	6/18-8/27	9:00am-10:00am	M	\$68
4373.301	16yrs to Adult	6/23-7/21	9:00am-10:00am	Sa	\$40
4373.302	16yrs to Adult	7/28-8/25	9:00am-10:00am	Sa	\$40
4373.303	16yrs to Adult	6/23-8/25	9:00am-10:00am	Sa	\$68

FITNESS: ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like sticks can be purchased or you can make your own. Suggested: toning sticks or 1-2 lb hand weights. <http://sockhopfitness.com>. No class July 4.

Foreman, Jill		Edison Community Center Hall A			
4489.300	16yrs to Adult	6/18-8/27	5:45pm-6:30pm	M	\$64
4489.301	16yrs to Adult	6/20-8/29	5:30pm-6:15pm	W	\$58

FREE YOUR MIND

Free Your Mind matures with BEYOND YOUR MIND! In honor of the powerful energies brought forth with this NEW millennium, NEW insights, NEW awareness, and NEW deeper understanding is revealed, thus allowing connection with self and surrounding world with more clarity than ever before. Bring a smile, pen and notebook.

Caldwell, Sunny		Rodgers Senior Center Hall C			
4375.301	Adult	6/4-6/25	6:30pm-8:00pm	M	\$35
4375.302	Adult	7/9-7/30	6:30pm-8:00pm	M	\$35

GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, learn basic rules and etiquette.

Dan Yenny, PGA and his staff. Meadowlark Golf Course
16782 Graham St

4377.300	17yrs to Adult	6/18-7/9	6:30pm-7:30pm	M	\$99
4377.301	17yrs to Adult	7/17-8/7	11:00am-12:00pm	Tu	\$99
4377.302	17yrs to Adult	6/21-7/19	6:00pm-7:00pm	Th	\$99
4377.303	17yrs to Adult	8/9-8/30	6:00pm-7:00pm	Th	\$99
4377.304	17yrs to Adult	6/23-7/14	10:00am-11:00am	Sa	\$99
4377.305	17yrs to Adult	8/4-8/25	10:00am-11:00am	Sa	\$99

ITALIAN: CONVERSATIONAL BEGINNING

This intensive 2 week course will focus on the basics of conversational Italian and be geared toward the most useful expressions and vocabulary for daily use and travel. It will meet twice a week. No experience is necessary.

Staff, Recreation		Edison Community Center Hall C&D			
4551.300	Adult	6/18-6/28	6:30pm-8:00pm	M Th	\$60

KARATE: PRACTICAL MARTIAL ARTS

Learn practical self-defense in a fun and safe environment. Our system instills a sense of respect, self-confidence, and focus. We combine the striking involved in Muay Thai, and Boxing-the groundwork of Jiu-Jitsu, and the throws and takedowns trained in Wrestling and Judo. You will sweat and have a good time.-Belt Advancement is Available.

Betance, Justin		Murdy Community Center Hall B			
4441.300	16yrs to Adult	6/21-8/18	9:00pm-9:45pm	Th Sa	\$150

KARATE: TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class Wednesday July 4th.

Tillehkooh, Kiavash		City Gym Room B			
4381.300	13yrs to Adult	6/18-8/27	7:15pm-8:00pm	M	\$140
4381.301	13yrs to Adult	6/19-8/28	7:15pm-8:00pm	Tu	\$140
4381.302	13yrs to Adult	6/20-8/29	7:15pm-8:00pm	W	\$140
4381.303	13yrs to Adult	6/21-8/30	7:15pm-8:00pm	Th	\$140

KARATE: TRADITIONAL JAPANESE KARATE-DO ADULT

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor.

Nishimura Shoji, Wadoryu USA		Edison Community Center Hall A			
4383.300	16yrs to Adult	6/21-8/30	7:30pm-8:45pm	Th	\$110

MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. No exchange except days and fees. No classes on July 7 and Aug. 4. Saturday classes are 10:00am – noon.

Cardinal, Frances		Rodgers Senior Center Hall B			
4385.300	16yrs to Adult	6/19-8/28	6:15pm-7:45pm	Tu	\$85
4385.301	16yrs to Adult	6/21-8/30	6:15pm-7:45pm	Th	\$85
4385.302	16yrs to Adult	6/19-8/30	6:15pm-7:45pm	Tu Th	\$125
4385.303	16yrs to Adult	6/23-8/25	10:00am-12:00pm	Sa	\$75
4385.304	16yrs to Adult	6/19-9/1	6:15pm-7:45pm	Tu Th Sa	\$155

MUSIC: UKULELE 101 BEGINNING

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! No class July 3.

Price, Don		Rodgers Senior Center Hall E			
4390.301	Adult	6/19-7/31	9:30am-10:30am	Tu	\$49

MUSIC: UKULELE 102 THE NEXT STEP

A 2nd class for learning to play the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills. No class July 3.

Price, Don		Rodgers Senior Center Hall E			
4391.301	Adult	6/19-7/31	10:45am-11:45am	Tu	\$49

SKATING: ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. No class July 4th.

Westminster ICE		13071 Springdale, Westminster			
4436.300	17yrs to Adult	6/20-7/18	6:10pm-6:40pm	W	\$37
4436.301	17yrs to Adult	8/1-8/22	6:10pm-6:40pm	W	\$37

Adult & Teen Classes

SPANISH FOR FUN AND FOREVER BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives color visuals for mastery of the current vocabulary. \$5 material fee due at first class.

Blades, Murnez		Rodgers Senior Center Hall E			
4399.301	Adult	6/21-8/9	3:00pm-4:00pm	Th	\$92
4399.302	Adult	6/19-8/7	6:00pm-7:00pm	Tu	\$92

SPANISH FOR FUN AND FOREVER – INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent. \$5 material fee due at first class.

Blades, Murnez		Rodgers Senior Center Hall E			
4400.301	Adult	6/21-8/9	4:15pm-5:15pm	Th	\$92

SURFING: BASIC SURF LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.HBSurfschool.com

Sharp, Bill		Beach Service Center -south side of pier			
4402.301	10yrs to Adult	7/7	8:00am-9:30am	Sa	\$75
4402.302	10yrs to Adult	7/14	8:00am-9:30am	Sa	\$75
4402.303	10yrs to Adult	7/21	8:00am-9:30am	Sa	\$75
4402.304	10yrs to Adult	7/28	8:00am-9:30am	Sa	\$75
4402.305	10yrs to Adult	8/11	8:00am-9:30am	Sa	\$75
4402.306	10yrs to Adult	8/18	8:00am-9:30am	Sa	\$75
4402.307	10yrs to Adult	8/25	8:00am-9:30am	Sa	\$75
4402.308	10yrs to Adult	9/8	8:00am-9:30am	Sa	\$75
4402.309	10yrs to Adult	9/22	8:00am-9:30am	Sa	\$75

SURFING: LEARN TO SURF

This is a four lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves, and ocean safety. Students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.hbsurfschool.com.

Sharp, Bill		Beach Service Center -south side of pier			
4403.301	10yrs to Adult	7/14-7/29	8:00am-9:30am	Su Sa	\$180
4403.302	10yrs to Adult	8/11-8/26	8:00am-9:30am	Su Sa	\$180
4403.303	10yrs to Adult	9/8-9/23	8:00am-9:30am	Su Sa	\$180

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes. No class July 5.

Pham, Elizabeth		Rodgers Senior Center Hall B			
4407.301	Adult	6/21-8/30	9:00am-10:30am	Th	\$50

TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes. No class July 5.

Howe, Shona		Rodgers Senior Center Hall B			
4499.301	Adult	6/21-8/30	9:00am-10:30am	Th	\$50

TAI CHI FOR HEALTH

Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential.

Walker, Don		Edison Community Center Hall B			
4404.300	Adult	6/18-7/30	1:00pm-2:15pm	M	\$49

TAI CHI WALKING

First class is free. Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Walker, Don		Lake Park Clubhouse, 1035 11th Street			
4435.301	Adult	7/3-7/31	1:00pm-2:15pm	Tu	\$45
4435.302	Adult	7/3-7/31	6:30pm-7:45pm	Tu	\$45

WOMEN'S VOLLEYBALL

Tuesday is Thursday is Intermediate/Advanced only: Women's competitive league play! Wednesday is for the beginning to intermediate player to refresh your skills of bumping, setting, spiking and serving. No class Wednesday July 4th.

DiGiovanni, Joann Nalani		City Gym Gymnasium			
4409.300	18yrs to 80yrs	6/19-8/28	9:30am-12:30pm	Tu	\$60
4409.301	Adult	6/20-8/29	10:15-11:45am	W	\$30
4409.302	18yrs to 80yrs	6/21-8/30	9:30am-12:30pm	Th	\$60

YOGA WITH PARK YOGA GIRL: INDOORS

This indoor Hatha yoga practice is a moving meditation of postures to promote strength, balance and union among the mind, body, and universe. Focus is on the breath and experiencing the present. All levels welcome. Instructor is certified RYT 200. Please bring a towel or yoga mat. No practice July 7, 21.

Patire, Mary		Hall C&D Edison Community Center			
4559.300	Adult	6/23-9/1	10:00am-11:00am	Sa	\$63

YOGA WITH PARK YOGA GIRL: OUTDOORS

Inspired by nature, this outdoor Hatha yoga practice is a moving meditation of postures that unite the mind, body, and universe. Focus is on the self, as it is, to inspire peace and tranquility. All levels welcome. Instructor is certified RYT 200. Please bring a towel or yoga mat. No practice July 7, 21.

Patire, Mary		Edison Community Center Patio			
4560.300	Adult	6/23-9/1	11:30am-12:30pm	Sa	\$63

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

Carmichael, Yvonne		City Gym Room B			
4410.300	16yrs to Adult	6/18-8/20	10:30am-12:00pm	M	\$87

YOGA: EDISON COMMUNITY CENTER

Yoga unites body and mind to promote therapeutic health benefits. Practice may reduce blood pressure, stress and regulate nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring a mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500. No class July 4.

Pavesic, Diane		Hall C&D Edison Community Center			
4411.300	Adult	6/20-8/22	4:30pm-5:30pm	W	\$68
4411.301	Adult	6/20-8/22	5:45pm-6:45pm	W	\$68
4411.302	Adult	6/20-8/22	7:00pm-8:00pm	W	\$68

Adult & Teen Classes

YOGA: GENTLE YOGA FOR EVERYONE

Learn to live a balanced life with proper breathing, body alignment/posture while restoring flexibility and gaining strength. A traditional class, limited to 12 students for individual attention, working from fingertips to toes, supporting the body as a whole acquiring a more acute sense of body awareness. Bring mat and blanket.

HelpYourHealth, RoxAnn Madera S.A. Martial Art Center
18595 Brookhurst

4509.300	15yrs to Adult	6/18-8/20	7:15pm-8:30pm	M	\$150
4509.301	15yrs to Adult	6/19-8/21	9:00am-10:15am	Tu	\$150
4509.302	15yrs to Adult	6/20-8/22	7:15pm-8:30pm	W	\$150
4509.303	15yrs to Adult	6/20-8/22	9:00am-10:15am	W	\$150

HelpYourHealth, RoxAnn Madera Lake View Clubhouse

4509.304	15yrs to Adult	6/23-8/25	10:00am-11:00am	S	\$120
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YOGA: MURDY COMMUNITY CENTER

Classes are sequenced to increase flexibility while strengthening the entire body. Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No class July 3, 4 and August 6-10.

Carmichael, Yvonne Murdy Community Center Game Room

10 Week

4418.300	16yrs to Adult	6/20-8/22	10:30am-12:00pm	W	\$87
4418.301	16yrs to Adult	6/22-8/24	10:30am-12:00pm	F	\$87

King, Jacki, CYT, RYT Murdy Community Center Hall A

4417.300	Adult	6/25-8/27	6:00pm-7:00pm	M	\$60
4417.301	Adult	6/25-8/27	7:15pm-8:15pm	M	\$60
4417.302	Adult	7/11-8/29	4:30pm-5:30pm	W	\$5

Holden, Susan Murdy Community Center Hall A

4450.300	16yrs to Adult	6/26-8/28	5:30pm-6:45pm	Tu	\$60
4450.301	16yrs to Adult	6/29-8/31	4:00pm-5:00pm	F	\$60

YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 10th Street and PCH. Please bring a yoga mat or towel.

Stevenson, Sarah 10th street & PCH

4414.301	Adult	6/23-9/1	9:00am-10:00am	Sa	\$95
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YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to promote therapeutic health benefits. Practice may reduce blood pressure, stress, and regulates nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring mat and blanket. No class July 5. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane Rodgers Senior Center Hall E

4413.301	Adult	6/21-8/23	10:00am-11:00am	Th	\$68
4413.302	Adult	6/21-8/23	11:00am-12:00pm	Th	\$68

YOGA: CHAIR YOGA FOR SENIORS

Specifically designed for all levels and abilities to enjoy the therapeutic benefits of yoga done in a chair. Chair yoga may reduce pain and blood pressure, improve posture and sleep. Practices can be adapted safely for home, office, and travel. Avoid eating 2 hours before class. Dress comfortably and bring a blanket. No class July 2.

Pavesic, Diane -

Certified Yoga Therapist, RN Rodgers Senior Center Hall D

4817.301	50yrs +	6/18-8/20	10:00am-11:00am	M	\$68
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Older Adults

COMPUTERS: E-BAY FOR FUN AND PROFIT

This class is for 1st time E-bay users. Get a taste of what this enormous auction web site is all about. This informative session will show you how to bid, buy and sell your favorite items. A suggested donation of \$5 for materials is requested at the class. Prerequisite: Windows Skills course and internet experience.

Staff, Recreation Rodgers Senior Center Computer Lab

4809.301	50yrs +	8/4	9:00am-12:00pm	Sa	\$10
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COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$5 is due at the first class.

Staff, Recreation Rodgers Senior Center Computer Lab

4800.301	50yrs +	7/10-7/31	9:00am-11:30am	Tu	\$15
4800.302	50yrs +	8/7-8/28	9:00am-11:30am	Tu	\$15

COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$5 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

Staff, Recreation Rodgers Senior Center Computer Lab

4803.301	50yrs +	7/9-7/30	9:00am-12:00pm	M	\$15
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COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more.

Staff, Recreation Rodgers Senior Center Computer Lab

4805.301	50yrs +	7/13-7/20	1:00pm-4:00pm	F	\$12
4805.302	50yrs +	8/3-8/10	1:00pm-4:00pm	F	\$12

COMPUTERS: KEEPING YOUR COMPUTER UP TO DATE

Help your computer live longer, perform better, avoid debilitating crashes and keep your programs current, safe and up to date. Protect your computer from viruses and Spyware that can steal your identity. A suggested donation of \$5 is due at the first class. Prerequisite: Windows Skills course.

Staff, Recreation Rodgers Senior Center Computer Lab

4804.301	50yrs +	8/6-8/27	9:00am-12:00pm	M	\$15
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COMPUTERS: MICROSOFT WINDOWS SKILLS

Learn detailed instruction on the Windows Operating System. The "Hands-On" coaching will introduce you to the many features of this powerful program. This class will allow you to maximize the usefulness of your computer.

Lander, Joel Rodgers Senior Center Computer Lab

4546.300	Adult	7/5-7/26	9:00am-12:00pm	Th	\$66
4546.301	Adult	8/2-8/30	9:00am-12:00pm	Th	\$66

